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SWEET POTATOES IN SCHOOL LUNCHES

This is the time to use more sweet potatoes in school lunch menus. The principal harvesting season is now at hand and heavy supplies are expected from producing areas supplying the Northeast Region. Storage and curing facilities are limited, so emphasis is being placed on increased consumption of this delicious vegetable in order to prevent waste of any of this year's sweet potato crop through spoilage.

Consider these points in planning menus using sweet potatoes:

1. Sweet potatoes may be served to meet the vegetable-fruit requirement of either the Type A or Type B lunch, in whole or in part.
2. Nutritionally, sweet potatoes are included in Group One of the Basic 7 food groups with leafy, green, and yellow vegetables. Like other foods in this group they are high in vitamin A value - important among other things for normal vision, building up of general resistance, better digestion and for keeping the skin in good condition. Sweet potatoes also furnish vitamin C as well as other vitamins and some iron. They are, besides, an excellent energy food, rich in starch and sugar. All in all, the nutrients in sweet potatoes make an important contribution to the diet. And another strong point in their favor is that they are such an economical source of these nutrients.
3. To conserve the maximum food values of sweet potatoes, that is, the vitamins and minerals which lie close to the skin, cooking "in the jacket", or baking and eating the skins are recommended methods of preparation which also add to the fine flavor of the vegetable.
4. Sweet potatoes boiled in their jackets - mashed, sliced or diced - can be used to make interesting and varied dishes. Leftover boiled or baked sweet potatoes also lend themselves to use in many delicious sweet potato dishes.

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Some Ways to Serve Sweet Potatoes in School Lunches

Main Dishes

- \*Sweet potato and meat hash
- \*Sweet potato and meat cakes
- Scalloped sweet potatoes and diced or chopped meat
- Scalloped sweet potatoes and peanuts
- Sweet potato and sausage casserole

Vegetable Dishes

- \*Mashed sweet potatoes
- \*Hash browned sweet potatoes
- \*Sweet potato cakes
- \*Candied sweet potatoes \*\*
- \*Panned sweet potatoes and apples
- Baked sweet potatoes in jackets
- Baked sweet potatoes and apples (sweet potato and apple scallop) \*\*
- Sweet potato puff

Desserts

- Baked sweet potato pudding \*\*

\* These dishes can be prepared with top-of-stove cooking facilities.

\*\* Recipes for these dishes will be found in "School Lunch Recipes" Miscellaneous Publication No. 537, U. S. Department of Agriculture.